

SYLLABUS

Of

***“Ayurvedic SPA Therapist (**Panchkarma**)
Course”***

(Duration 1 year)

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TRAINING PARAMETERS:

Course Name	AYURVEDIC SPA THERAPIST (PANCHKARMA)								
Duration	1 Year								
Entry Educational Qualifications	10 th class passed from recognized Board of School Education.								
Age Limit	15 to 35 Years								
Eligibility Criteria	The candidate should be Physically and mentally fit. Locomotive / Blind / Pregnant Candidates are not eligible.								
Batch size (No. of students)	18								
Power Norms	6 KW								
Examination to be conducted by	Himachal Pradesh Takniki Shiksha Board Dharmashala								
Space Norms	<p>i. The Institute should have Minimum 50 Bedded Hospital Within the Campus.</p> <p>ii. Lecture Hall: There shall be minimum one hall for 20 students, each of 30 square meter area, with proper electricity supply, audio visual teaching aids, fans/ coolers a comfortable sitting arrangement with minimum dual desk facility, separate toilets for boys and girls.</p> <p>iii. Panchkarm Block: 200 Sq. Mtr. Containing following sections/ rooms</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Snehana Kasksha (Male)</td> </tr> <tr> <td>Snehana Kasksha (Female)</td> </tr> <tr> <td>Swedana Kaksha (Male)</td> </tr> <tr> <td>Swedana Kaksha (Female)</td> </tr> <tr> <td>Shirodhara Kaksha (Male)</td> </tr> <tr> <td>Shirodhara Kaksha (Female)</td> </tr> <tr> <td>Vaman Kaksha (Male)</td> </tr> <tr> <td>Vaman Kaksha (Female)</td> </tr> </table>	Snehana Kasksha (Male)	Snehana Kasksha (Female)	Swedana Kaksha (Male)	Swedana Kaksha (Female)	Shirodhara Kaksha (Male)	Shirodhara Kaksha (Female)	Vaman Kaksha (Male)	Vaman Kaksha (Female)
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Vaman Kaksha (Female)									

	Virechana Kaksha (Male)
	Virechana Kaksha (Female)
	Basti Kaksha (Male)
	Basti Kaksha (Female)
	Raktamokshana, Jalaukavacharana, Agnikarma, Pracchana etc. kaksha
	Panchkarm Store room
	Pancharma physician's room
	Panchkarm Kitchen
	Four attached toilets-baths for male and four for female with wash basin and geyser facility in each. These will be in addition to the toilets or wards.
	iv. Computer/ IT Lab: 25 Sq. Mtr.
Course Certification	Course Certification will be done by SCVT.

Qualification and Experience for Teaching staff: -

S. No.	Requisite Qualification	Number of staff members
1	BAMS with Post Graduate degree in Panchkarma (Mandatory)	Minimum 1
2	BAMS with certificate course in Panchkarma from recognized institute	Minimum 1
3	BAMS with minimum 5 year experience in relevant field	Minimum 4

INTRODUCTION

Ayurveda is an age old Indian System of Medicine. There are many government and private colleges providing Graduate and Post Graduate degrees in Ayurvedic System of Medicine but there is no institute which impart Para Medical knowledge in this field. Demand of Ayurvedic system of medicines is increasing day by day and so the demand of Para Medical workforce in Ayurveda stream.

In view of this considerable increase in demand of trained man power in Panchkarma units in Ayurvedic Hospitals, Hotels & Clinics etc.. a vocational certificate training programme is being introduced by Department of AYUSH, Govt. of Himachal Pradesh in collaboration with Department of Technical Education Vocational and Industrial Training, Himachal Pradesh, Sunder Nagar to prepare skilled manpower in this field.

SCOPE AND OBJECTIVES OF THIS COURSE

- This certificate course in Ayurvedic Spa Therapy (Panchkarma) comprising of Theory and Practical component is intended to prepare Trained Qualified Ayurvedic Spa Therapist.
- This course will provide the quality of education and training at a reasonable cost in Ayurvedic Hospitals to meet the requirement of manpower at Ayurvedic Panchkarm Centres, Spa Centres for hotels to promote Health tourism, promote Herbal Health Tourism and to fill the requirement of Panchkarm technicians.

COURSE STRUCTURE

- Period of training programme – 1 Year
- Distribution of training hours:-

S.No	Course Element	Notional Training Hours
1	Professional Skills(practical)	1296 Hours
2	Professional Knowledge (theory)	288 Hours
3	Employability Skills	72 Hours

Syllabus for “Ayurvedic SPA Therapist(Panchkarma)” Course.

Part 1 (Theory Session):-

S. no.	Topics	Hours
1	Introduction of Ayurveda Sharir Rachana (Surface Anatomy)	8
2	Definition and history of Ayurveda	4
3	Branches of Ayurveda	8
A	Basic Principals of Ayurveda	
1	Concept of Tridoshas, Saptadhatus and Trimalas	8
2	Concept of Strotas (Body channels)	6
3	Concept of Agni(Digestive fire) Concept of Kostha (Alimentary Tract)	6
4	Concept of Prakriti (Body Constituents)	6
5	Study of herbs commonly used in Panchkarma therapy	6
6	Purv Karm Mantra and Sadvrit and Aachar	4
7	Introduction to Panchkarma	2
8	Introduction of Panchkarm equipments.	4
9	Introduction of herbal Medicines in panchkaram.	4
10	Introduction of blood pressure.	3
11	Do and Don't in panchkaram and training of first aid.	6
12	Preparatory Process of Panchkarma.	6
B	Poorvakarm	
	Snehan Karma(Oleation treatment)	
1	Internal Oleation (Abyantar Abhyanga)	4
2	External Oleation (Bahya Abhyanga)	4
3	Pichu	2
4	Gandoosha (Garlgling)	1
5	Kattivasti,Januvasti,Grivavasti	3
6	Shirovasti	4
7	Cupping	4
8	Karanpurna	1
9	Akshitarpan	2
10	Parishek (Taila Dhara,Kashaya Dhara,)	8
C	SWEDA KARMA(Hot Fomentation)	
1	Upnaha Sweda	4
2	Ushma Sweda (Herbal stream& Bolus Bags Dravya Sweda Sudation with liquid,Shashtika Shali Pinda Sweda,Patra Pinda Swedan)	8
3	Anagni Sweda (Sudation without fire)	6
4	Benefit of Sweda Sudation	6
D	PRADHANA KARMA	
1	Vamana(Induced Vomiting)	10
2	Virechan (Induced Purgation)	10
3	Anuvasna Vasti(Medicated Enema)	10

4	Niruha vasti(Medicated Enema)	10
5	Bhrihan vasti	10
6	Lekhan vasti	10
7	Vaitarn vasti, Kshar Vasti	10
8	Yapan Vasti	10
9	Madhutailik Vasti	3
10	Rakatmokshan (shring,alabu,jalauka karm)	20
11	Nasya (Nasal Medication)	4
E	PASHCHAAT KARMA	
1	Dhoomarpan	2
2	Sam Sarjana(Ayurvedic Diet Concept)	20
3	Aushadi Prayoga(Arrangement)	6
F	REJUVENATION THERAPIES	
1	Vatatrik,Kutipraveshik Rasayan	4
2	Drugs for rasayana Therapy	3
3	Interactive Session for Queries of Complete Session	8
	TOTAL HOURS	288

Part II Practical Sessions:-

S. No.	Activity	Hours
1	Abhyanga (Ayurvedic Body Massage) / Snehna	250
2	Preparation and use of Patra Potli Swedan	10
3	Potli Swedan(Bolas Bag Massage & Medicinal powders only)with Medicinal leaves	10
4	Preparation of different type of Vastis	20
5	Preparation of different type of Shirodharas	20
6	Applicationof Kativasti,Januvasti, Shirovasti and Aschyotan	50
7	Udvardana	30
8	Kativasti	20
9	Januvasti	20
10	Karanpurna	10
11	Akashit Tarpan	10
12	Rakatmokshan	100
13	Cupping	20
14	Grivavasti	20
15	Preparation for nasya	100
16	Preparation of different type of vastis	300
17	Practical of preparation of all theory syllabus.	306
Total		1296

EMPLOYABILITY SKILLS (72 Hrs.)

1. Behavioral Skills	
Expectation Setting	Creating a focused and responsible learning environment
Personal Strength Analysis	Self -awareness and confidence building
Perception Management	Display Professionalism at the institute and work place
Social Etiquette	Characteristic of a responsible citizen- Display the same by respecting self, others, environment, care for duty and value for time.
Role Modeling	Adopting best practices and aspire to follow success stories of individual for personal development.
2. English Literacy	
Functional English	<p>Importance of Learning English</p> <p>Different Naming words, Words used for replacing names, Action words, Describing people, place and their use.</p> <p>Introduction to punctuation - Comma, Full stop, Question mark. Singular plural</p> <p>Change of tense - Simple present, past; present, past progressive Construction of simple sentences - Kinds of sentences</p> <p>Usage of appropriate words to express themselves Greetings & Self Introduction</p> <p>Asking & responding to questions Sharing information with others Formal & Informal communication</p> <p>Speak and provide information about workplace</p> <p>Discussions on current happenings.</p>
Reading	<p>Reading simple sentences about:</p> <ol style="list-style-type: none"> a) Self b) Work c) Environment
Written English	Simple writing skills

3. Communication Skills	
Self- Introduction	Interview Skills/Confidence Building
a. Verbal Communication	Understand the usage of appropriate words to express themselves Communicate effectively on telephone.
b. Non-Verbal Communication	Manage Personal Hygiene and Presentation
	Positive body language: adopt and use it appropriately to build a positive impression
	Different spatial zones: Understanding and need to maintain it, create safe zones for communication
	Maintaining appropriate eye-contact in building trust and confidence
	Impact of touch in a formal environment. Acceptable and unacceptable touch. Role of tone in any communication.
Campus to Work	Time Management and Planning Skills
	Interview skills- its phases & ways to crack interview.
	Handling setbacks/rejection and recover from it with an action plan.
	Developing strong professional contacts/network to gain support in learning process and career as a whole.
4. I.T. Literacy	
Basics of Computers	Introduction to Computers and its applications. Hardware and peripherals. Starting and shutting down of computer. Basic of computer Networks.
Operating System	Basics of Operating System. Types of Operating Systems. User interface of Windows 10 OS/ latest. Create, Copy, Move and delete Files and Folders. Use of External memory like pen drive, CD, DVD etc, Introduction to inbuilt windows apps, Tools and features.
MS-Word	Basic operating of Word Processing. Creating, opening and closing Documents. Use of shortcuts, Creating and Editing of Text, Formatting the Text. Creating simple document like - resume, letter writing, job application etc., Printing document.
MS-Excel	Basics of Excel worksheet & its importance. Creating simple worksheets. Adding and average functions. Printing of simple excel sheets.
Web browsers & Search Engines	Introduction to world wide web (WWW), Useful websites, web browser - usage, search engine etc. Using popular sites like Bharat Skills, Skill Training related Government portals, naukri.com and other job portals, Online fund transfer using UPI gateway.

Email	Creating & using an email account –like Gmail or any other. Usage of CC & BCC. Attaching documents Checking email and composing Email.
Mobile application	Scanning QR/AR code, Sharing best practices and downloading trade related videos using Wi-Fi, Fund transfer through App like BHIM.
5. Occupational Safety, Health and Environment Education	
Safety and Health	Introduction to Occupational Safety & health at work place, Occupational Hygiene
Occupational Hazards	Basic Hazards. Chemical, Physical (Electrical, Temperature, Illumination) Biological, Prevention of hazards
Accident and Safety	Different types of Personal Protective Equipment (PPE). Accident Prevention techniques.
First-aid	Care of injured & Sick at the workplace. First-Aid& Transportation of sick person.
Basic provisions on safety and Health	Basic provisions of safety & health
Environmental Issues	Introduction to Environment, ecosystem and factors causing imbalance Pollution and pollutants including liquid, gaseous, solid and hazardous waste Protecting the environment - Energy Conservation, ground water, global warming Responsibility about the environment Segregation and disposal of waste
Disaster Management	Types, causes & effects, areas in India that are prone to be affected, preparedness & mitigation, dos and don'ts- Before, During and After any Disaster, how to reduce man-made disasters.
6. Labour Welfare Legislation	
Labour Welfare Legislation	Benefits guaranteed under various acts- Factories Act, Apprenticeship Act, Employees State Insurance Act (ESI), Payment Wages Act, Employees Provident Fund Act, The Workmen's compensation Act, POSH. Interpret applicable labour and industrial laws.

BOOKS FOR REFERENCE:

- Charak Samhita (Sutra Sthan,Viman Sthan,Kalp Sathan,Siddhi Stham,Chikitsa Sthan)
- Sushrut Samhita (Sutra Sthan , Sharir Sthan , Chikitsa Sthan , Uttar Tantra)
- Chakradutt
- Astang Hridya ((Sutra Sthan,Viman Sthan,Kalp Sathan,Siddhi Stham,Chikitsa Sthan)
- Dravyaguna Vigyan Vol 1 & 2 (By Acharya P.V. Sharma)
- Bhavprakash Nighantu
- Anatomy Vol 1-2-3(By Dr Bd Chaurasia)
- Ayurvedia Panchkarma Vigyan (By Vaidya Haridass Kasture)
- Practical Aspect Of Panchkarma (By Dr Vasant Patil)

Duration of Course: 12 months

Classes will be six day a week (Monday to Saturday) compulsory 24 classes per month divided into Summer and Winter Session.

Practical Timing –Morning session 09.30 AM Onwards as per Summer and Winter Session of 4-5 hrs.

Theory Classes afternoon session upto 04.00 PM (1 or 2 Hours Depending on Session Summer/Winter)

Medium of Communication: Hindi and English

EXAMINATION: To be conducted annually.

Study and Evaluation Scheme.

Subject	Internal Assessment	External Exam Marks		Total Marks	Time for external Examination
		Spa Syllabus	Employability skill		
Theory -1	20	70	10	100	3 hrs

Subject	Procedure	Identification	Viva		Total marks	Time
			Spa Syllabus	Employability skill		
Practical 1	50	20	20	10	100	6 hrs

Note:

Assessment will be evidence based, comprising of the following:

1. Job carried out in Department
2. Compilation work
3. Attendance and Punctuality

Each Practical will be of 6 hours. The batch size and group will be decided by the coordinator /Practical Examiner and complete duration of practical will be one day. These practical will be conducted in Govt. Ayurveda Hospital and the Doctor of that Hospital will be the examiner for these practical.

Admission Procedure:

In Regional Ayurvedic Hospital Shimla Total 18 seat(each 9 for male and female). In case seat are not filled from specified category , seats will be filled by the other category.

Admission will be strictly on merit base class 10th marks, in Case if equal percentage candidate with more age will be considered. In case of any dispute, the Decision of Director Department of AYUSH / Selection committee will be final. All disputes with concerned jurisdiction only.

Question Paper:

1. The language of question paper will be bilingual Hindi & English.
2. The question paper will be Subjective having total 16 question of 5 marks each , including 2 questions from Employability skill syllabus .

Passing Criteria:

As per SCVT norms, to qualify the subject the candidate must have to secure minimum 40 marks in theory and 60 marks in practical out of total marks.

Leave

- Casual - 12
- Medical – 15
- Special leave – maximum 10 (once in term)

Fee Structure: 30000/- (Thirty Thousand of Full Course) To be paid at the time of admission in form of cash / DD.

Registration & Examination Fee:

As per rules of The Department of Technical education Vocational and Industrial training, Himachal Pradesh, Sunder Nagar as well as Technical Board Dharamsala

LEARNING OUTCOMES –

1. Develop personality and behavioral skills to take SPA as a career goal following safety precautions.
2. Identify and mark different body parts, joints, muscles and bones of human body for spa therapy.
3. Carry out holistic massages.
4. Carry out skin diagnosis using mapping techniques and techniques to suit your client's requirements.
5. Identify the body layers and their relation to function and properties, determine depth of pressure.
6. Perform various full body scrub and wraps with its benefits.
7. Develop skill dealing with different SPA therapies.
8. Develop the skill of Ayurveda and full body shiroabhiyangam massage in case of product handling, dispensing and energetic release.
9. Develop and apply the skill on stone therapy.
10. Develop and apply the skill on Shirodhara Massage.
11. Develop and apply the skill on Potli Massage.
12. Develop and apply the skill on Udwartanam Massage.

INFRASTRUCTURE REQUIREMENTS

Ayurvedic SPA Therapy training Institute should have inbuilt (within same premises) Panchkarm Hospital with minimum 50 bed IPD and OPD of 70 patients / day.

Machinery and Equipment:

S.No.	Equipment for Panchkarm theater	Specifications	quantity
1	Droni	Wooden, polished, Rectangular, four legged, 9'x30"x4'	4
2	Shirodhara stand,	Wooden/metal, polished, 67x22 inches	4
3	Shirodhara pot	3 liters capacity, Stainless steel, polished,	4
4	Abhyang table (Massage bed)	Wooden, 8.5'X2.75'X5" Width 32"	3
5	Nadi swedna yantra	Voltage:230V, Stainless steel, capacity 7 liters	2
6	Sarvanga swedana Yantra	Wooden, Rectangular / Hexagonal, semi-	2

		automatic, 210x84x88cm	
7	Vaman peeth set with fixed hight table and chair	Adjustable, on wheels, Tubular Frame with wooden rungs, reclining back. Vaman table fitted with one stainless steel bucket, 1 glass hodlers and one utility bar, one 5 litres measuring jar.	2
9	Basti Yantra (Basti netra, basti putak etc.)	Material Bronze,	4
10	Anuvasana Basti Yantra	Plastic Glycerin syringe 100 to 250 ml size with two piece nozzle.	4
11	Nasya yantra / Patra	Brass, three different sizes	2
12	Nasty Anjana Wooden peeth	Tubular steel chair with polished wooden rungs on seat and back fitted having adjustable head, patient sit in recumbent position	2
13	Dhuma Yantra	Made with Bronze, Dhoompaan Netra Yantra (Stick) used for the problem related to Head and Neck Also used after Vamana Therapy. stick Length is 36 angul	2

14	Kati basti/Greeva basti yantra	Set of five, made up of stainless steel.	(Optional)
15	Shirobasti yantra / cap	Rexine material, adjustable straps, dimensions – 73x20 cm	4
16	Avagahah swedana yantra	Steel body, inbuilt oil/water heater (1kw), 120 cm long, 55 cm wide, 50 cm deep	1
17	Akshi tarpana yantra (Netra basti spectacles)	Adjustable, Unisex, made up of soft plastic.	2
18	Agnikarma shalaka	Made up of Panchdhatu, with wooden handle	2
19	Panchkarma Instrument set	all kinds of small panchakarma instruments such as Dhara kindi with hand, Nilavilakku 12”, Jug, Incense holder, Small Uruli 3”, Unpolished uruli 12”, Polished varppu 9”, polished varppu 6”, Kinnam, Lotta, Gokarnam Steel, Agarbathi stand, Salaka, Oil pot, Thavi, Chattukam, Mortor & Pistle porceline, Vasthy Yanthram bronze, Dhoomapana nethram bronze for panchakarma treatments, Weighing Machine (one for material and one for Body Weight)	2

20	Computers Systems with Uninterrupted power supply, Computer Tables and Chairs	64 bit / latest processor > i5 / 8 gb RAM DD3 or higher / speed 3Ghz or higher / Wifi enabled / Network card: Integrated Gigabite Ethernet / usb mouse / usb keyboard / monitor min size : 17 inch / licensed operating system	5
21	Printer	-	1

Existing Faculty for SPA Therapist Training at RAH, Shimla, H.P.

S.No	Name	Specialization
1	Dr Aarti Kondel (M.D)	Agad Tantra
2	Dr Sunita Syal (M.D.)	Shalakya (Eye/ENT)
3	Dr Shikha Sharma (M.D.)	Panchkarma
4	Dr Shanker Negi BAMS	Trained in Shalya,Panchkarma,Yoga
5	Dr Vivek Sharma BAMS	Trained in Marm Therapy, Panchkarma,Agni Karma,Yoga
6	Dr Dimple Bhatti BAMS	Trained in Panchkarma,Yoga
7	Dr Nitin Kashyap BAMS	Trained in Marm Therapy, Panchkarma,Agni Karma,Yoga

